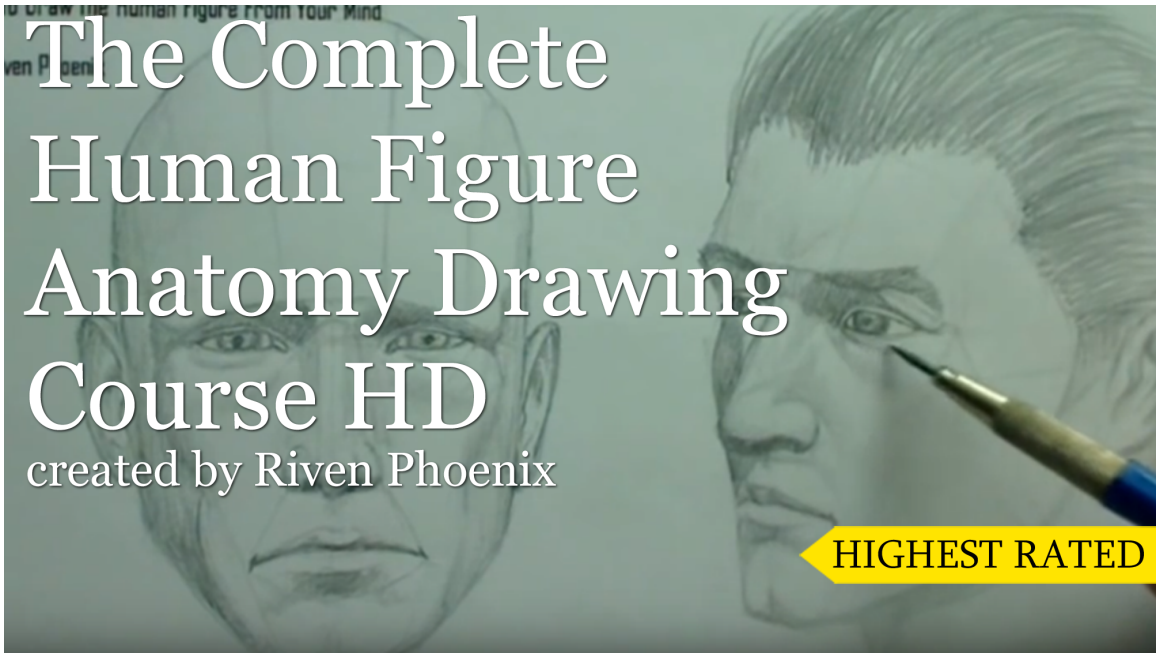


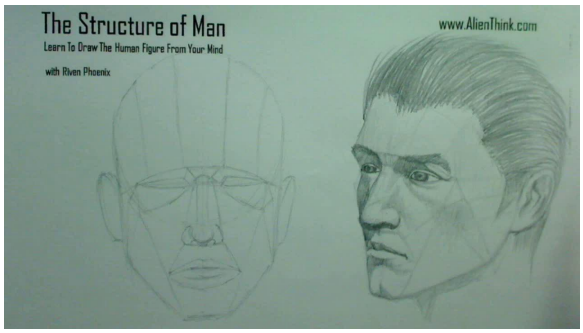
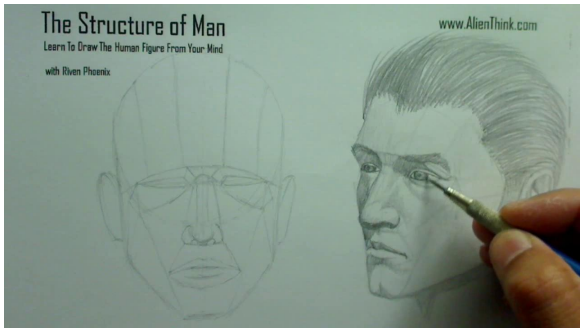
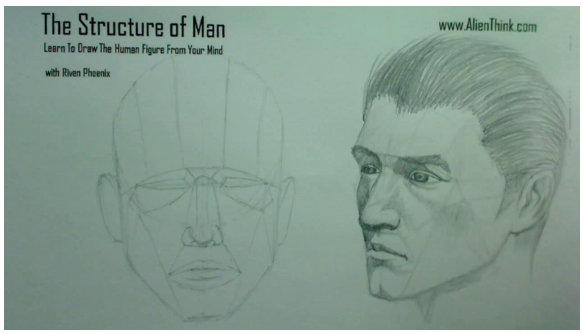
The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

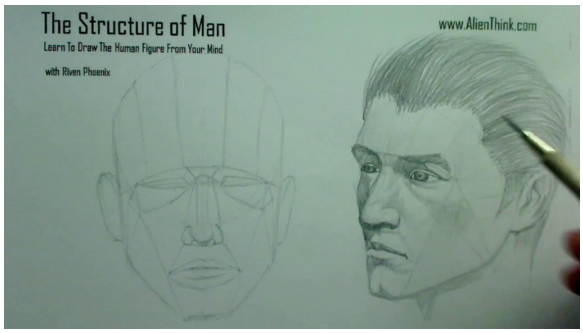
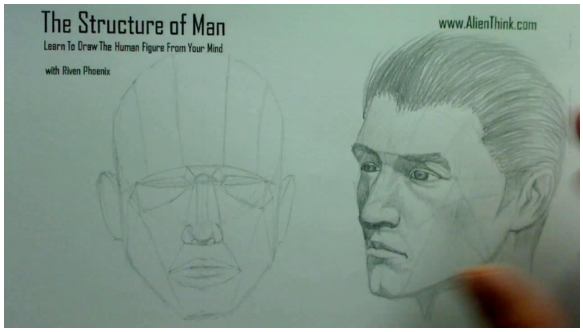
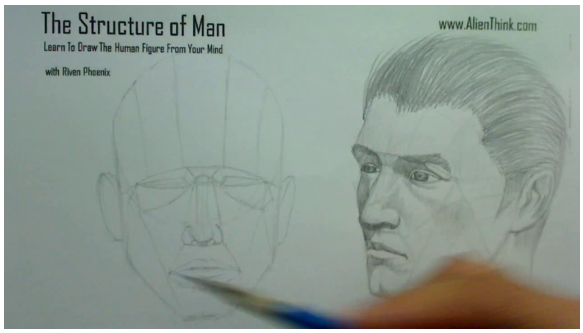
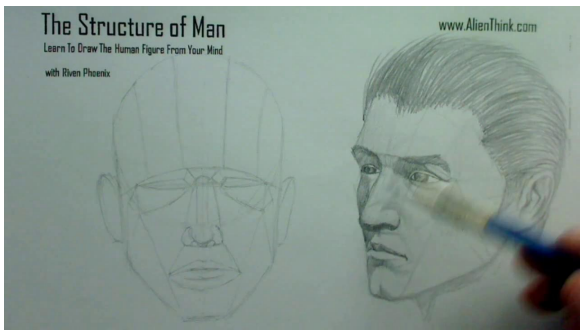
www.alienthink.com

Figure Drawing Lesson 100 - The Muscles of The Human Head -Part 26

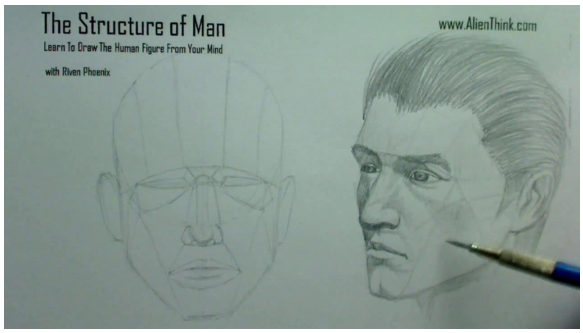
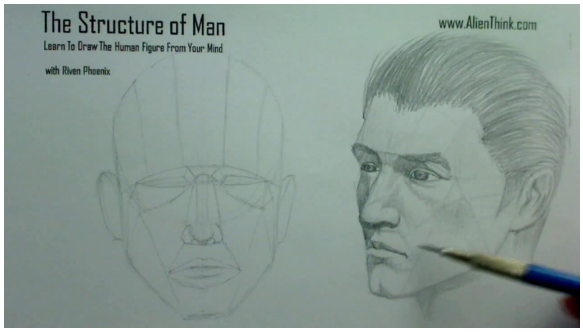
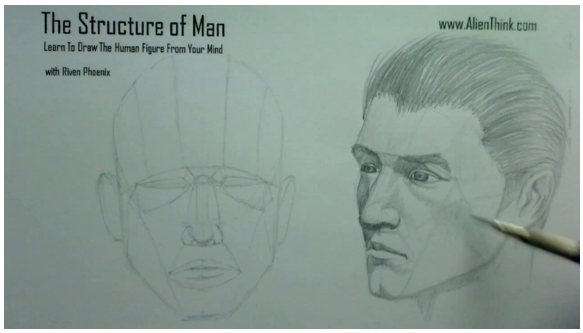
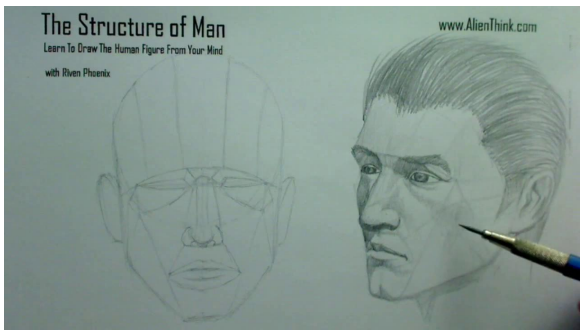
2026 Riven Phoenix and AlienThink.com

1		Hey guys, my name is Riven Phoenix and welcome to the structure of man learn to draw
2		the human figure from your mind training course.
3		Okay, so in the previous lesson we really looked at how far really we had brought the mind
4		to understanding the structure of the human figure, right?

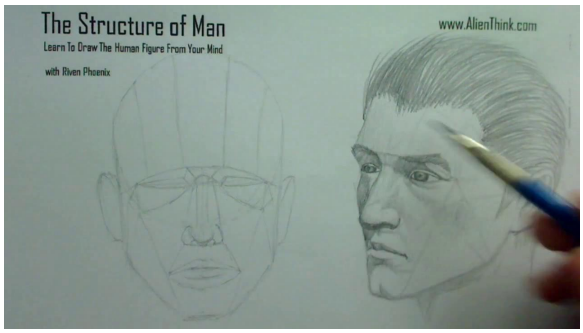
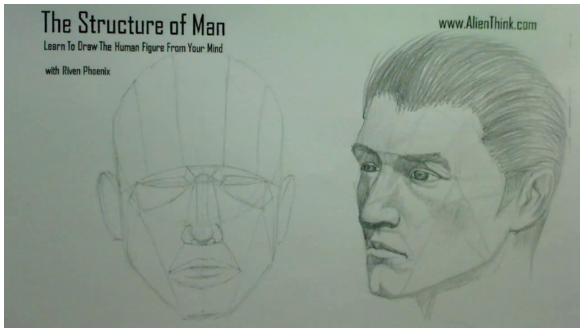
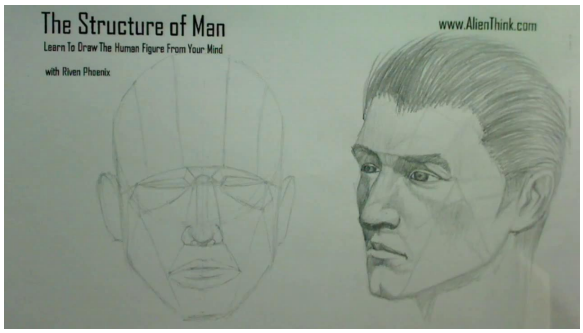
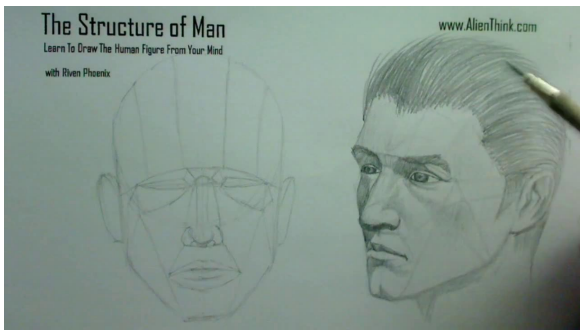
2026 Riven Phoenix and AlienThink.com

5		So from the basics of the toolkit to understanding the construction of the entire skeleton system
6		to understanding the muscles of the skull and then understanding the forms in this very
7		powerful toolkit that allowed us to really do whatever we want, right?
8		So here we saw just some of the fundamental concepts that we can use to do surface and

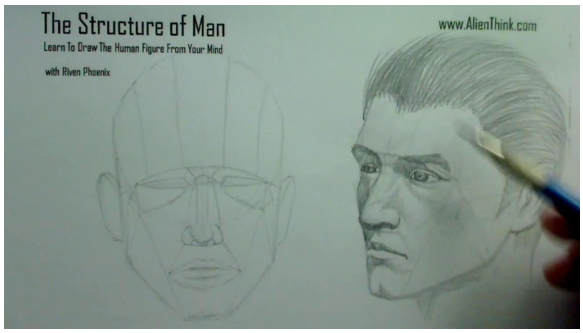
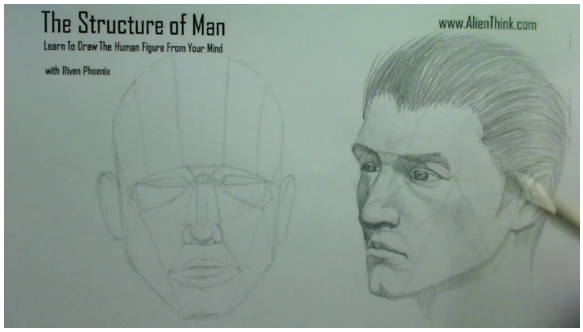
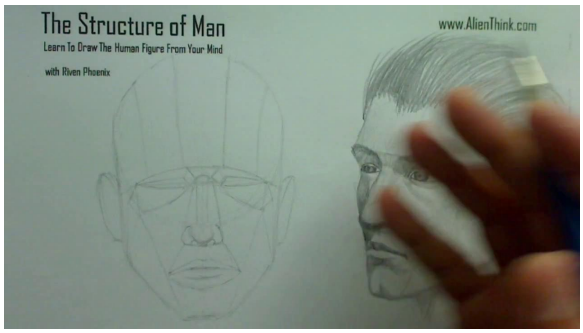
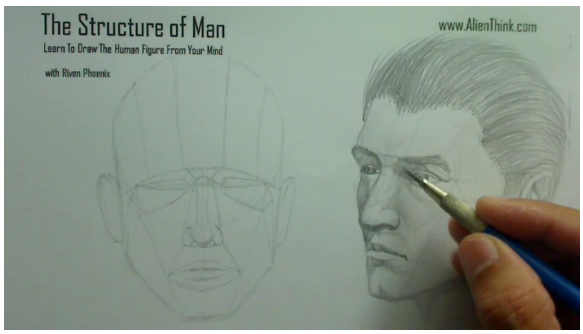
2026 Riven Phoenix and AlienThink.com

9		autumn, right?
10		Understanding the muscles is key to knowing that what's going on, right?
11		This is over here, like if the light source is different, it would, things would start
12		to show up.

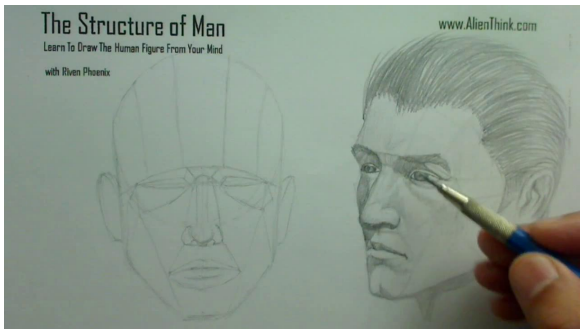
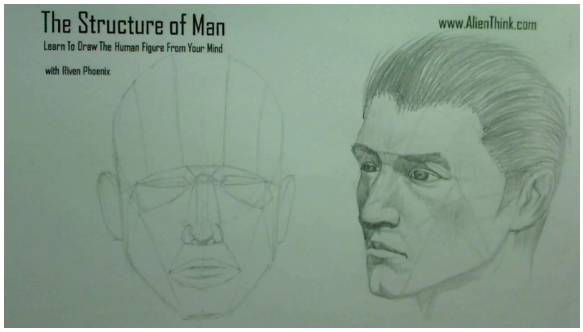
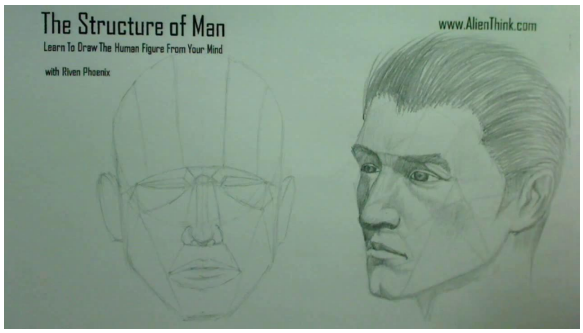
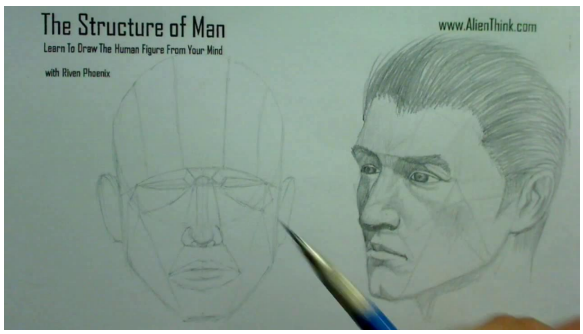
2026 Riven Phoenix and AlienThink.com

13		But we also know in our mind that the muscles really are very thin on the human head,
14		right?
15		So from within that knowledge we were able to create a very realistic looking human head,
16		right?

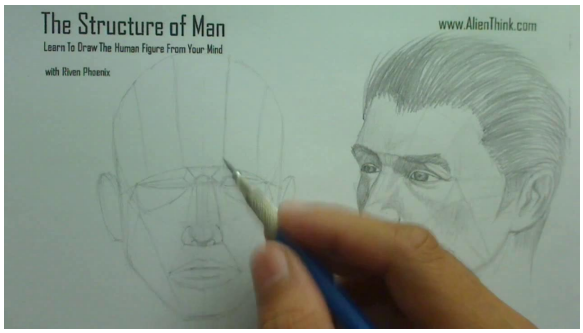
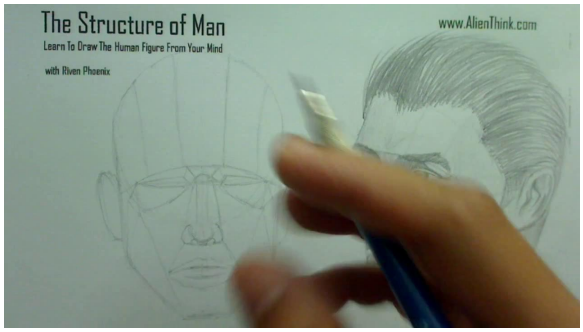
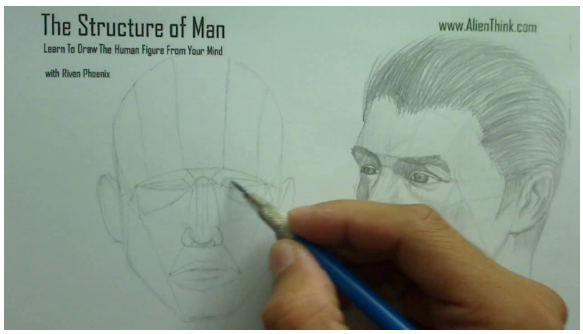
2026 Riven Phoenix and AlienThink.com

17		So this style of sketching that I've showed you is just conceptual sketching, right?
18		It's not a relative realistic sketching style because to do that you would have to now
19		basically lay out the way I showed it to you and then start to really go in and start
20		to form everything in layers, right?

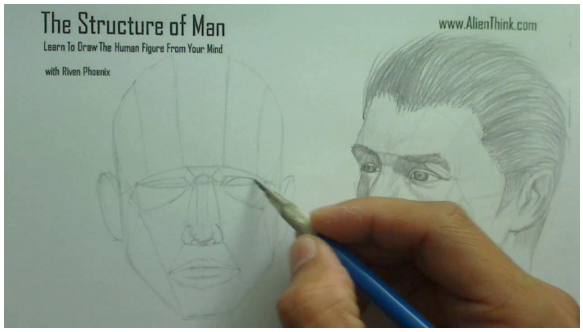
2026 Riven Phoenix and AlienThink.com

21		Either you can start out with the lights and then slowly work your way into the darks,
22		right?
23		But you saw the basic concept of it.
24		So now what we're going to do is take a look at this head over here and begin to understand

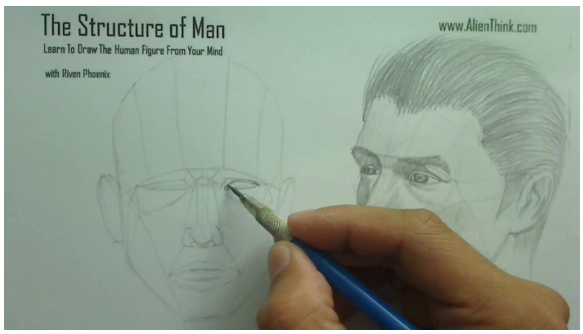
2026 Riven Phoenix and AlienThink.com

25		what else can we understand if we shine, let's say, the light kind of like from a little
26		bit from the front like this on the top, right?
27		So from here we want to first draw out the eyes, right?
28		So we know that this idea here really just helps us to see conceptually what's going

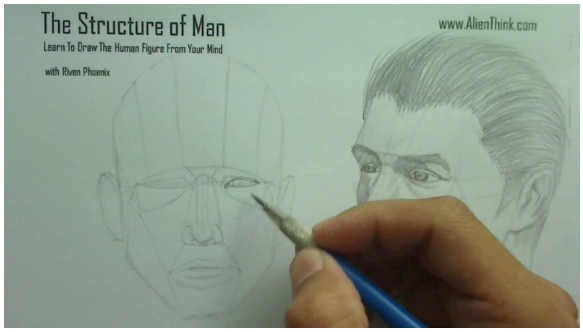
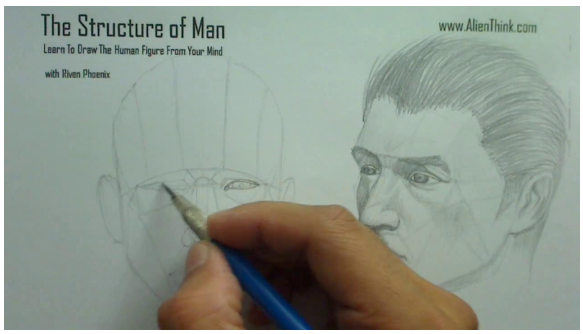
2026 Riven Phoenix and AlienThink.com

29		on and then we can use it to now start to draw out the eye, right?
30		This is really the fat area, right?
31		And then here if I draw out the eye, really I'm just going to draw out like this and just
32		begin to understand, okay, well, what do I really want this eye to do?

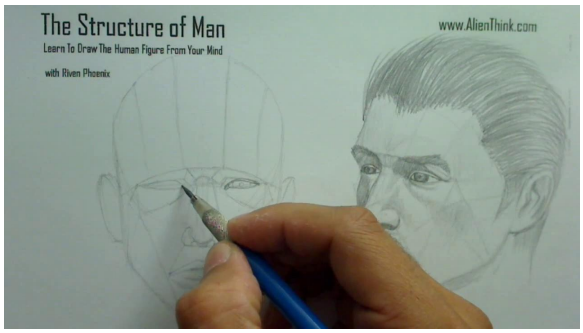
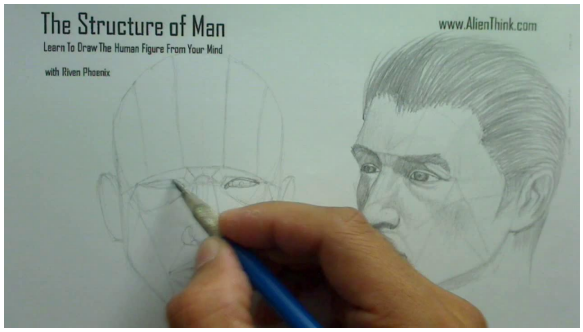
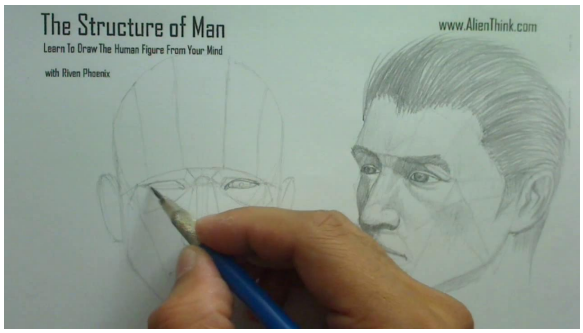
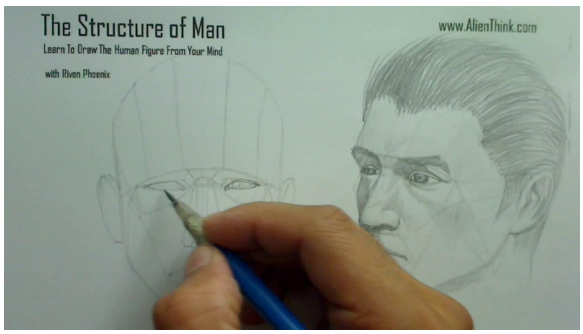
2026 Riven Phoenix and AlienThink.com

33		I'm just going to go out like this over here, right?
34		So in here I'm going to get, let's say like the eye a little over here, I guess I'll
35		choose to show the eyelid over here, right?
36		It's really up to us how do we want to do this, right?

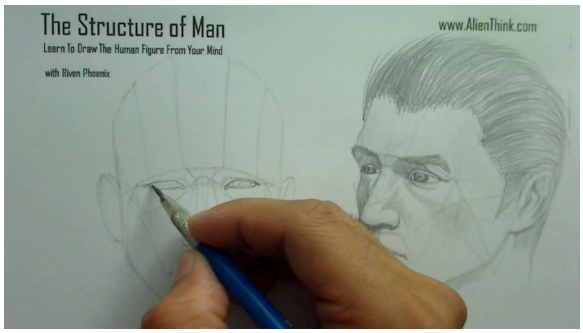
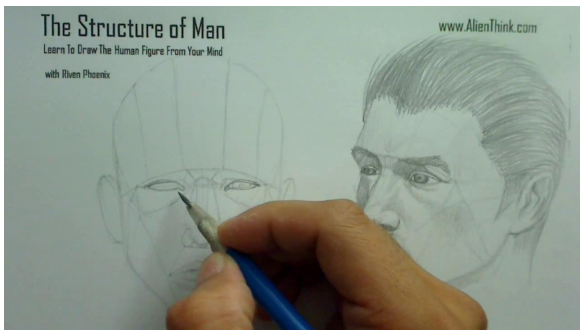
2026 Riven Phoenix and AlienThink.com

37		So for the eye, I'm going to just do it like this over here, right?
38		So here did them kind of like small over here, right?
39		So for this end over here it's going to be the same thing, is there we're now going
40		to see, okay, well, this is basically working like the same concept and then here we're going

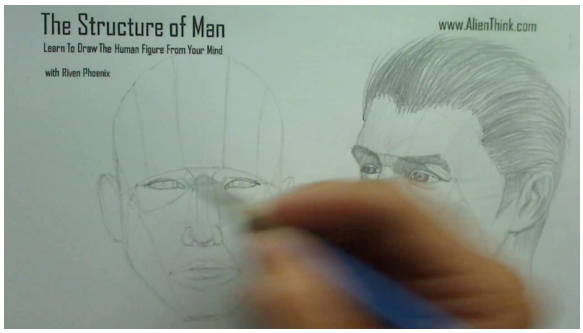
2026 Riven Phoenix and AlienThink.com

41		to do this, right?
42		We know why we get this line over here, right?
43		And from within that here where I did this we're going to get it under, right?
44		And so over here we can do the same thing, just swing it out over here and do it this

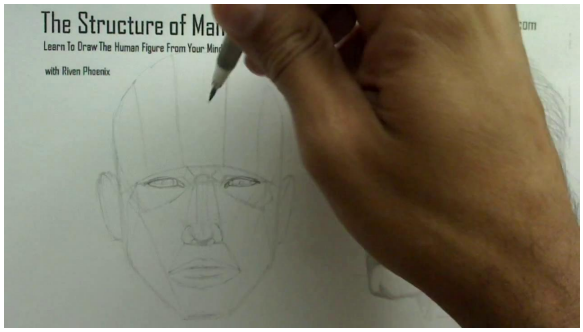
2026 Riven Phoenix and AlienThink.com

45		right?
46		And compare it to see if you like what you're getting over here, right?
47		So we can also in this case over here, I actually do top of the eyelid, right?
48		Just like this, right?

2026 Riven Phoenix and AlienThink.com

49		The idea is not to follow this template, the idea is to help this template to help you
50		begin to just grasp the concept, right?
51		So once we get this, we know that okay.
52		All we really have to do is now think about the light source, right?

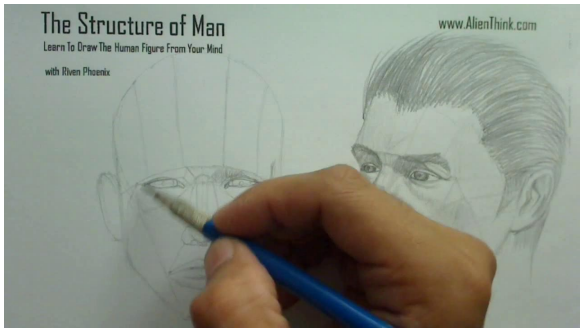
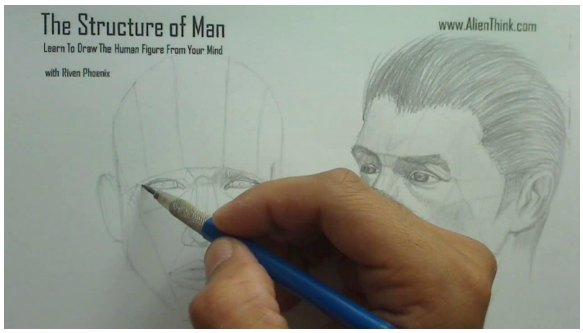
2026 Riven Phoenix and AlienThink.com

53		In the surface and not in, so we know that okay, well, if the light source is kind of
54		like facing this way, we know that we're going to get, we're going to really shading these
55		ideas here a little bit first, right?
56		First get some shadows down over here and we know that this is like a fat area over

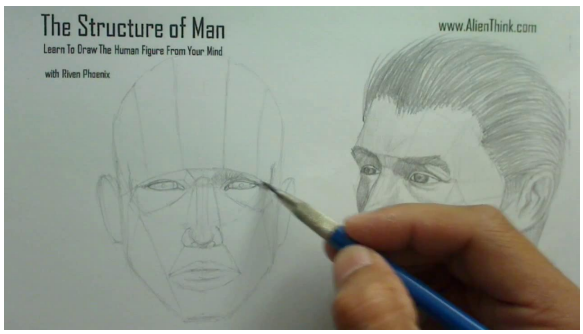
2026 Riven Phoenix and AlienThink.com

57		here, so it's really going to be coming like this, right?
58		And this line doesn't mean anything that somehow this is stopped here, right?
59		You can go up above it if you wanted to, right?
60		So here for this fat area, let's say that, okay, well, I want kind of like the fat area

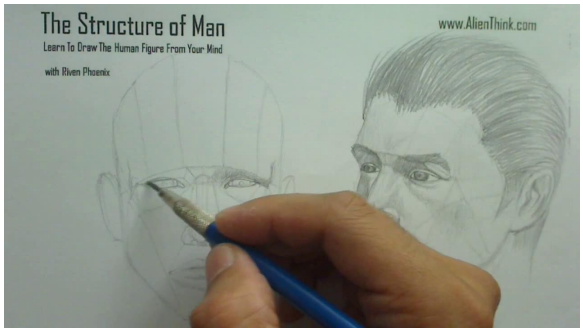
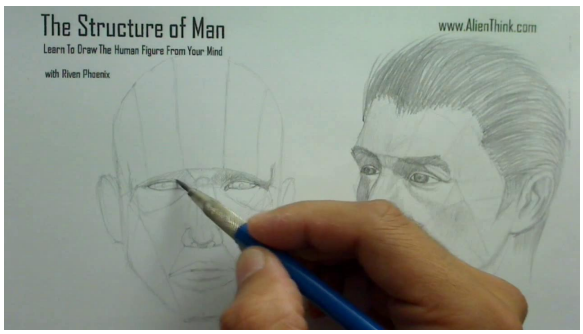
2026 Riven Phoenix and AlienThink.com

61		to be kind of more like this so I can see a little bit more of the temple like this over
62		here, right?
63		So I'll do the same thing over here for this area, I'm going to do like a little bit on
64		the side over here for the eyes, right?

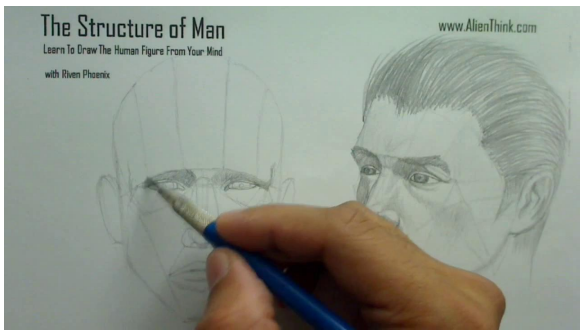
2026 Riven Phoenix and AlienThink.com

65		So once we understand this, we can now start to see, okay, well, what we could do is really
66		just start to shading some of this stuff over here, right?
67		This helps us to see some of the forms over here and we can do, we can just use that and
68		just start to do whatever we want really in this area over here, right?

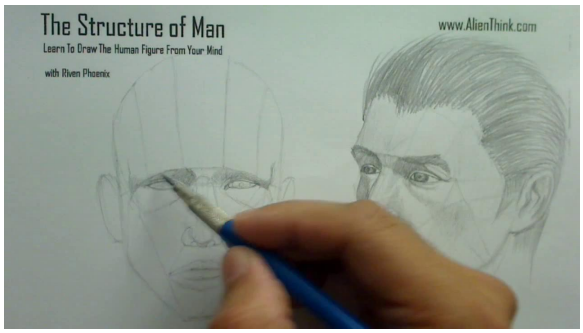
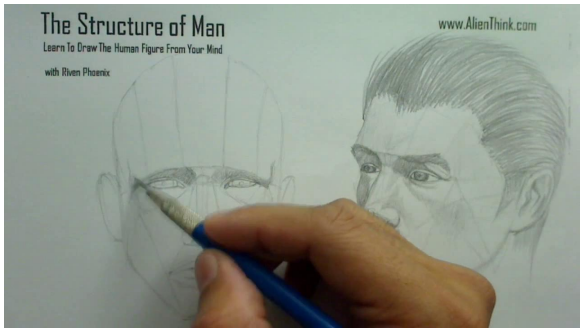
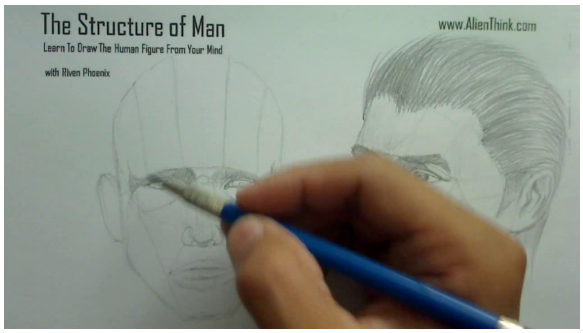
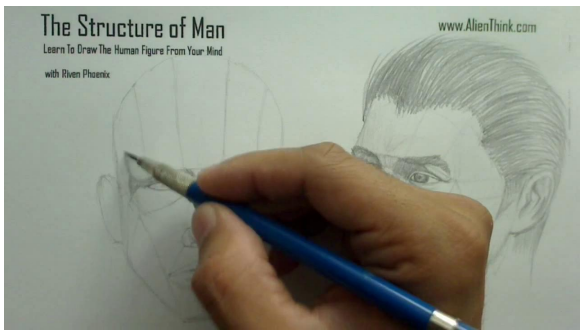
2026 Riven Phoenix and AlienThink.com

69		So here I'm just going to shade some of this stuff in first, start to first get like
70		a good idea of what is it that we really want to do here, right?
71		So here I'm just going to shade all this stuff in over here and I know that over here where
72		this is going to be really just, it's going to be really just dark shadows, right?

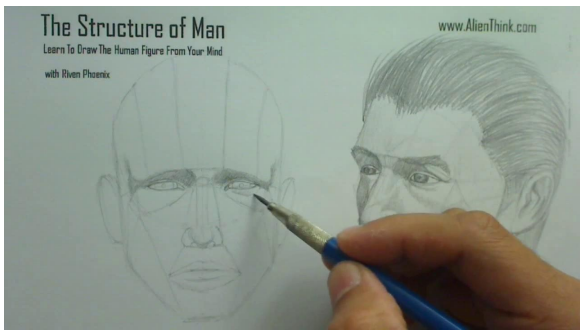
2026 Riven Phoenix and AlienThink.com

73		So over here we can now soften this up a little bit over here, just put down the basic
74		layers first, right?
75		And then here you can just make it a little odd looking here from the top, right?
76		Just soften it up a little bit basically so I'm getting it, right?

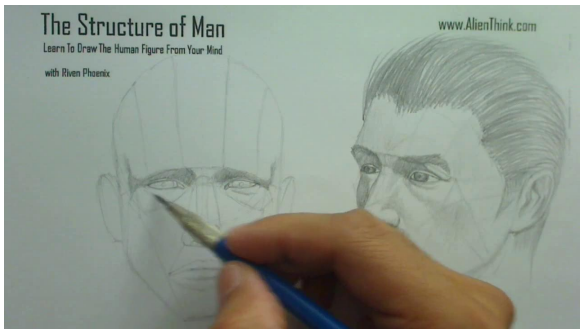
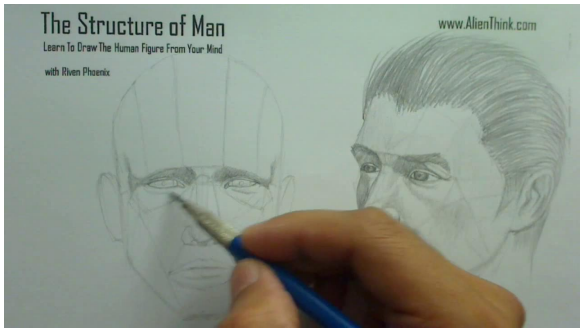
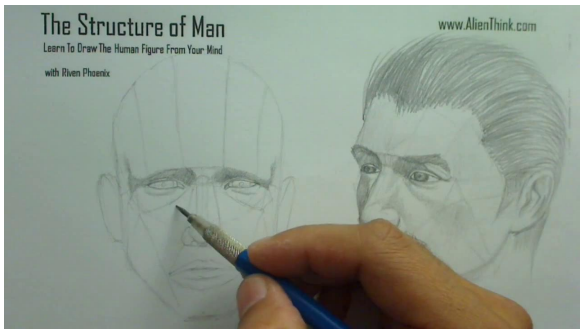
2026 Riven Phoenix and AlienThink.com

77		This line doesn't mean anything, you just use it as a guide and then start to do your
78		own forms, right?
79		So let's say that this idea here, we're just going to shade this area in like this over
80		here, right and then over here I'm just going to shade this in a little bit over here.

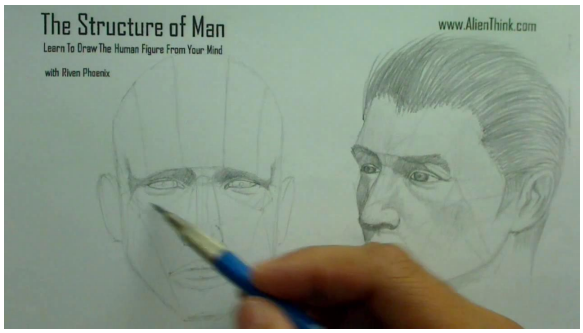
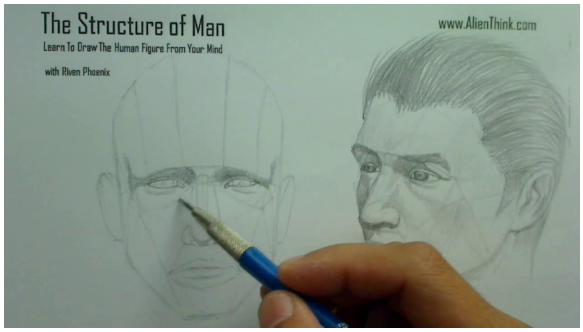
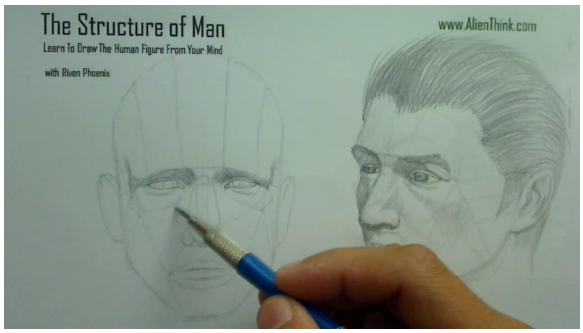
2026 Riven Phoenix and AlienThink.com

81		So this will start to help us see what is it that we're getting out of this, right?
82		So once we get this, then we can now start to think about over here, okay?
83		I want to show the bottom really here, off this guy a little bit so here I'm just going
84		to shade it in again very lightly over here and then over here, we're going to do the

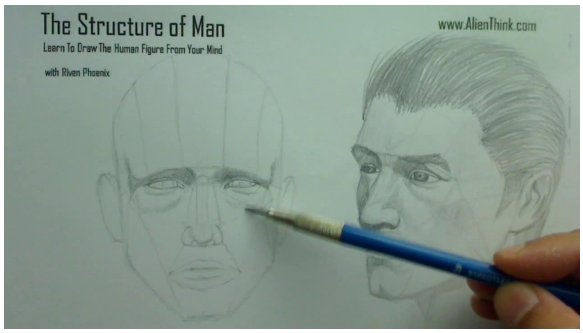
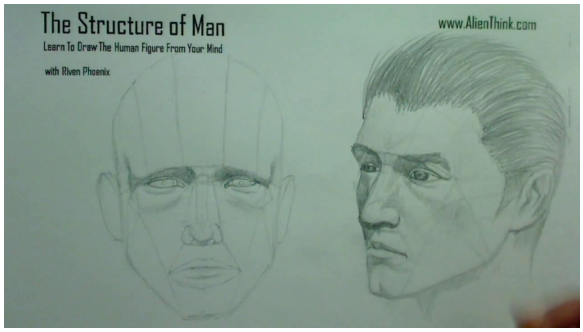
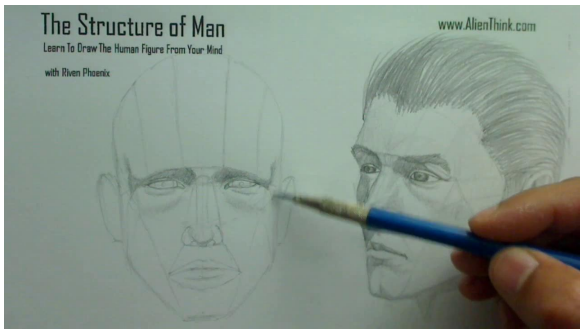
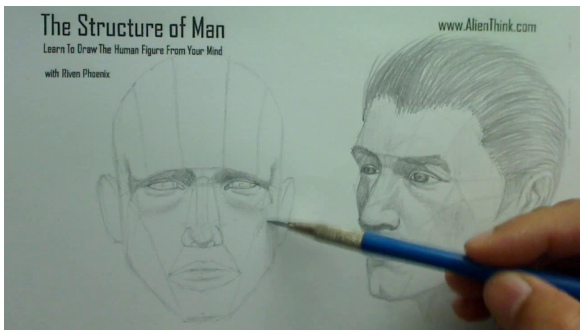
2026 Riven Phoenix and AlienThink.com

85		same thing, right?
86		It doesn't have to be symmetrical, just do a little bit of shadow work first, right?
87		So then you're going to get this line and basically this line just helps us.
88		We don't have to follow it, it's just a form idea, right?

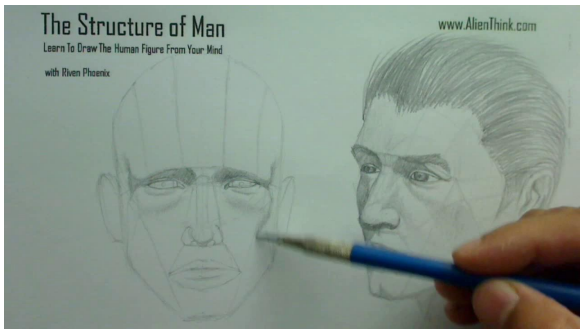
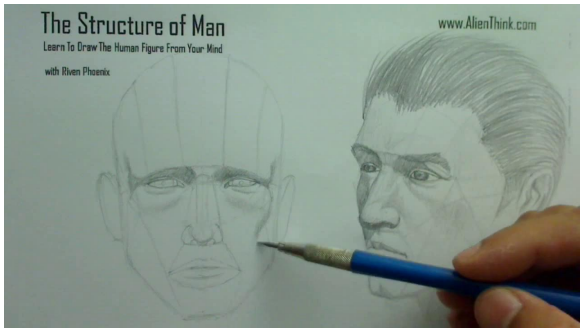
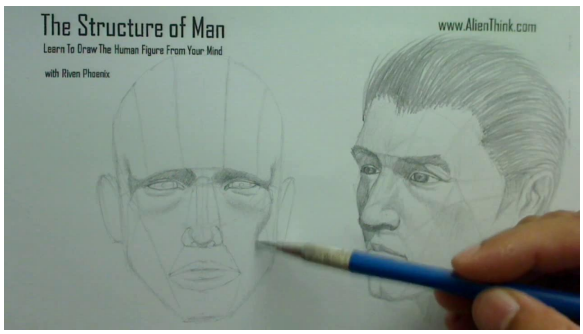
2026 Riven Phoenix and AlienThink.com

89		It helps us to understand about some of the basic concepts, right?
90		The more lines you put, the older the guy is going to get, right?
91		So here we can just basically kind of just for now just put some basic idea in there.
92		And I'm just thinking about this as a concept here, I want to, I guess, show a little bit

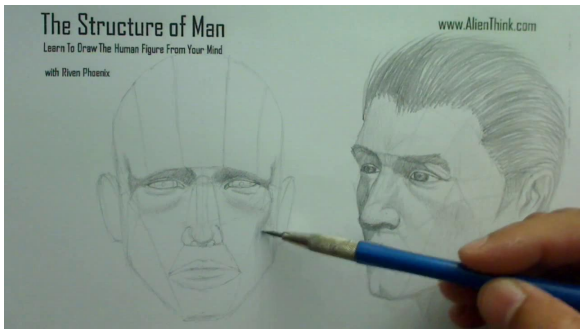
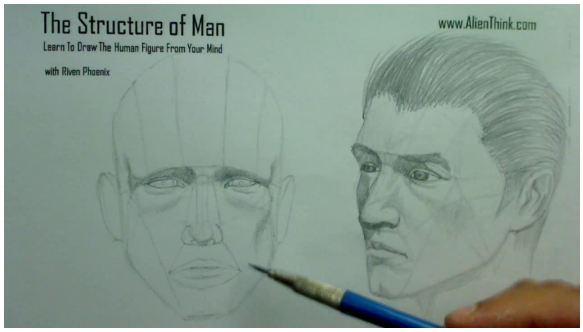
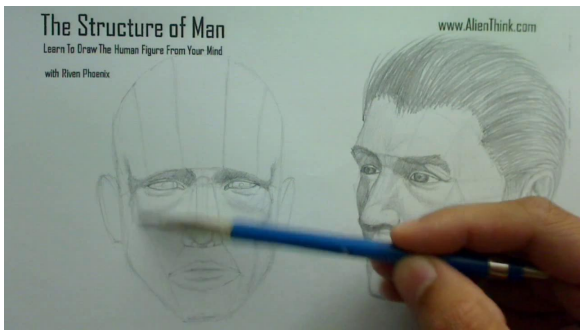
2026 Riven Phoenix and AlienThink.com

93		of some eye bags on this guy over here, right, we can use your finger to smudge some of
94		these concepts in, and if you don't like something just get rid of it with your eraser, right?
95		So here let's say that okay, well, this idea helps us to see really the area of the cheek
96		ball over here, so here we're just going to do a little more of a darker shadow over

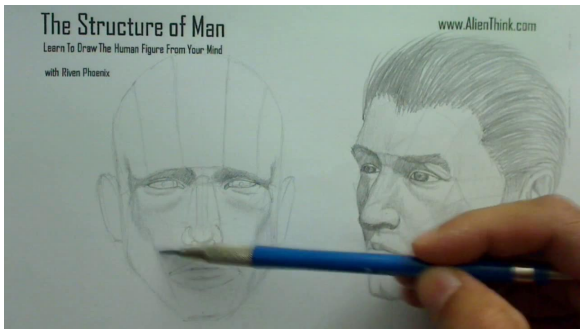
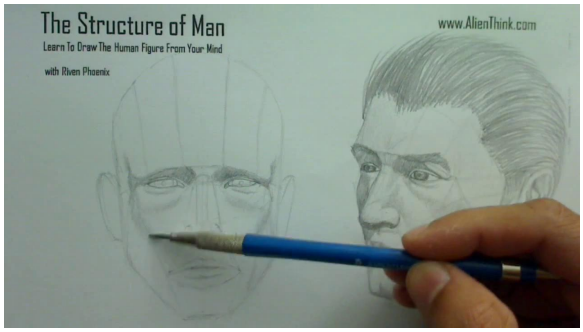
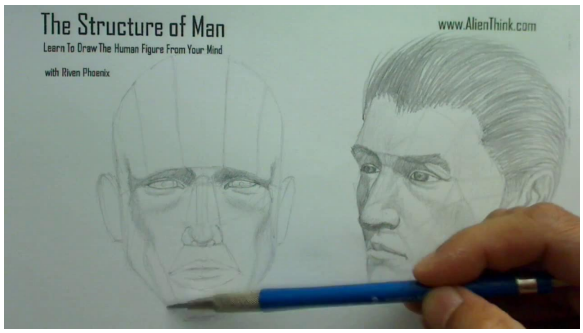
2026 Riven Phoenix and AlienThink.com

97		here like this, right?
98		And then over here, remember that muscle that goes inside and then you're going to get
99		the line for the jaw.
100		So it like sucks in sometimes on some people, it sucks in that area.

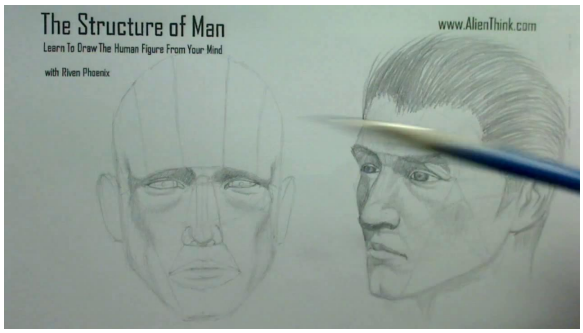
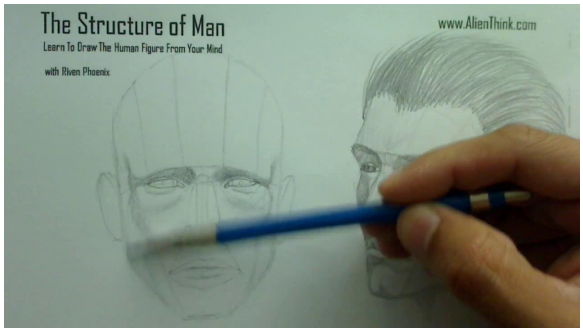
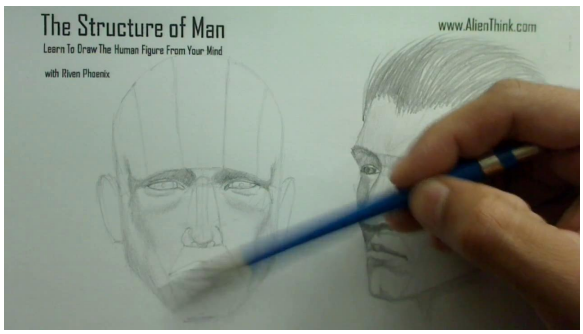
2026 Riven Phoenix and AlienThink.com

101		So here we're going to do that a little more lighter, right?
102		So over here where we get this, we're just going to get like this line over here, right?
103		Starting to work out and over here we're going to do the same thing, just bring out some
104		of these ideas here first, then really this is the area of the muscle, right?

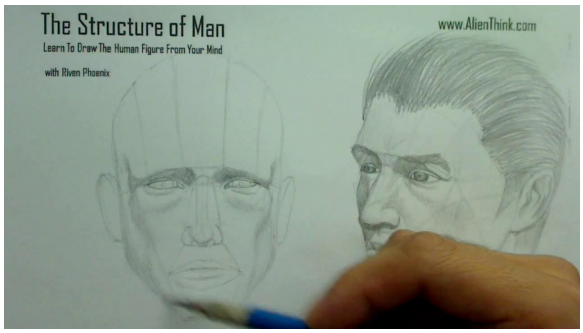
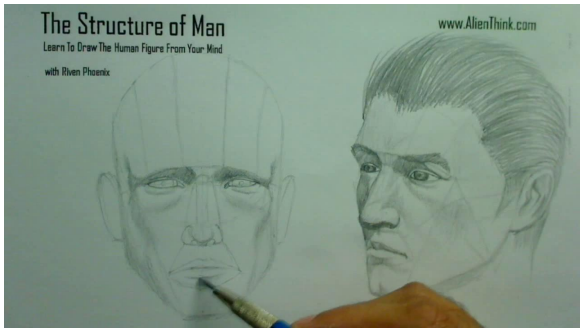
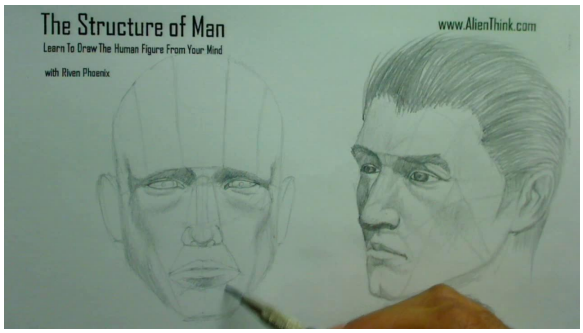
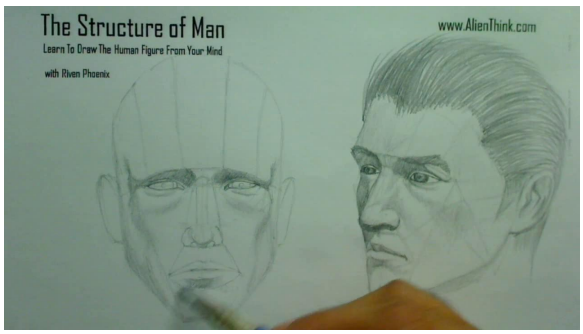
2026 Riven Phoenix and AlienThink.com

105		The muscle goes here then you know that the areas over here are really going to be like
106		kind of like sucked in over here, and this is only because of the way we're doing the
107		light source, right?
108		It's not always going to show up, but this helps you to understand how dynamic it's going

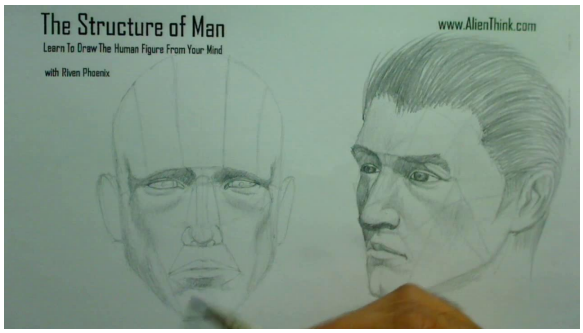
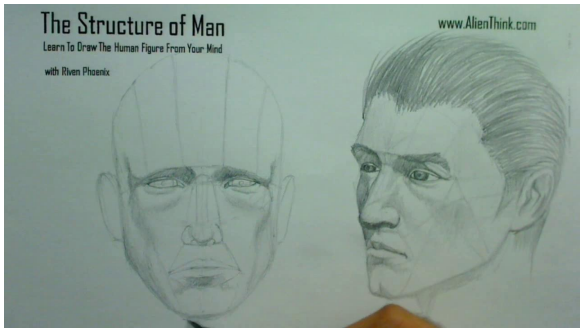
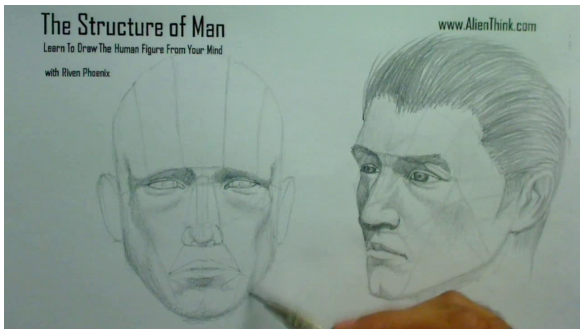
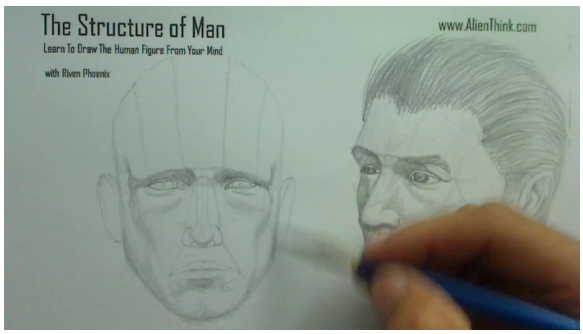
2026 Riven Phoenix and AlienThink.com

109		to be compared to what we did over here, right?
110		But from this point on you can do really any kind of faces if you wanted to, right, without
111		any problems because we gave the mind what it needed, right?
112		Some kind of a mechanism to begin to understand how to get these ideas as one concept.

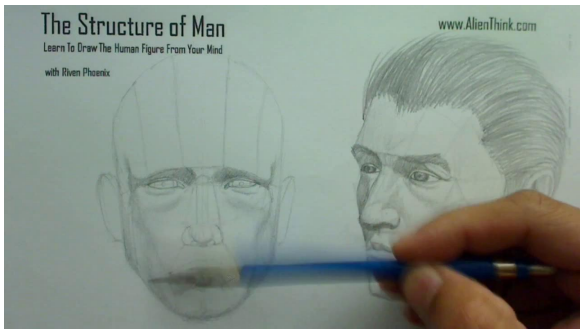
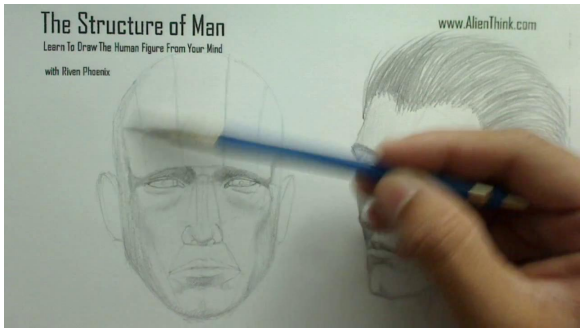
2026 Riven Phoenix and AlienThink.com

113		Also here, right so here under the lip we're just going to get again like an area here
114		that's going to be kind of dark over here like this, then we're going to get, right?
115		Not too dark, it's just going to come out a little bit over here, right?
116		Some people have this, some people though, right?

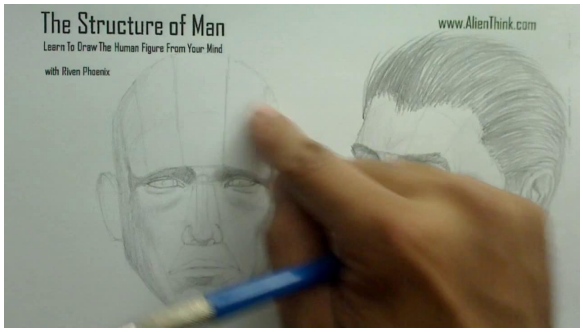
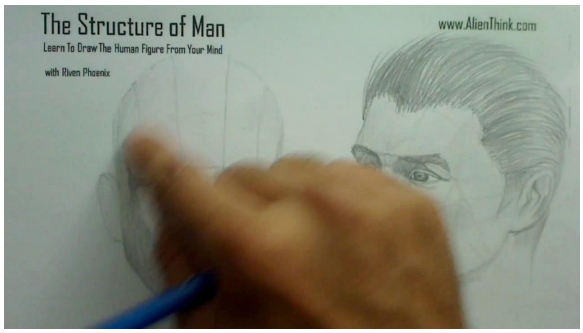
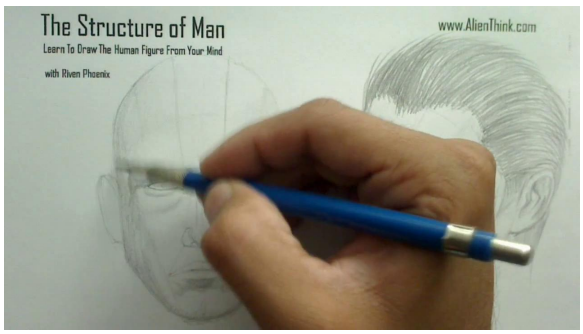
2026 Riven Phoenix and AlienThink.com

117		It really depends, and here we're just going to soften this up, this is going to be the
118		area for the chin, and here we'll give it a slightly double chin here, right?
119		So once we build some of the concepts up, then we start to put more shadows in, just
120		like this, all I'm doing, and we see that okay, well, really I want this side to be a

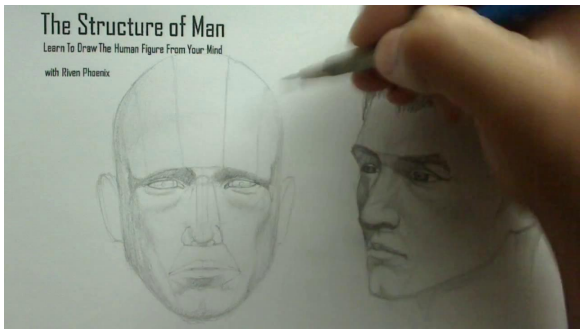
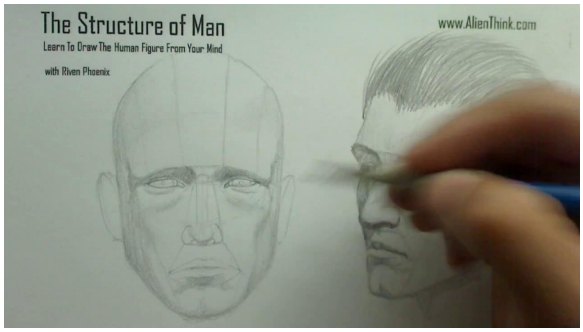
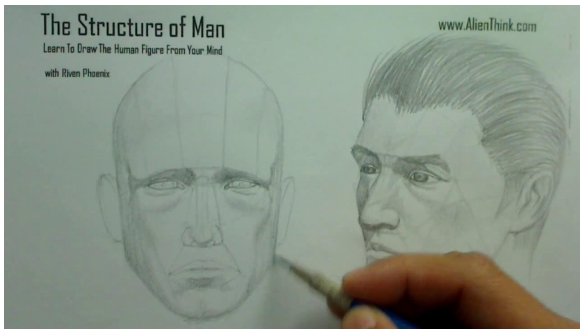
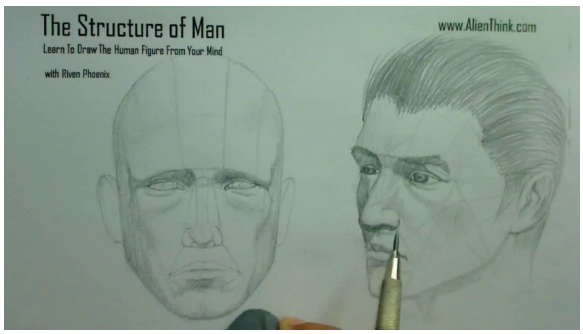
2026 Riven Phoenix and AlienThink.com

121		little more darker than that one, and then we start to play around with the ideas, right?
122		So just start to think about, right?
123		So really there's a line over here that we didn't put over here, so it'll just help
124		us to see okay, we're going to get this temple area over here like this, right, it's just

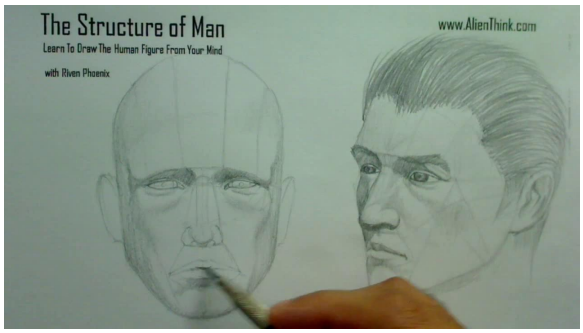
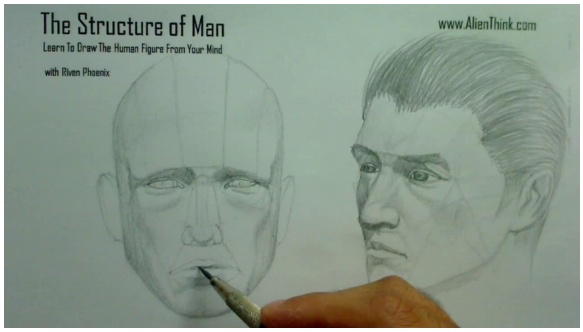
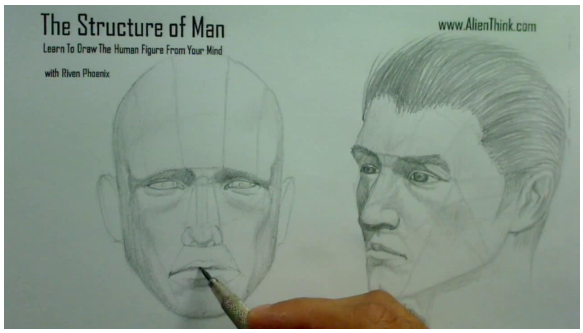
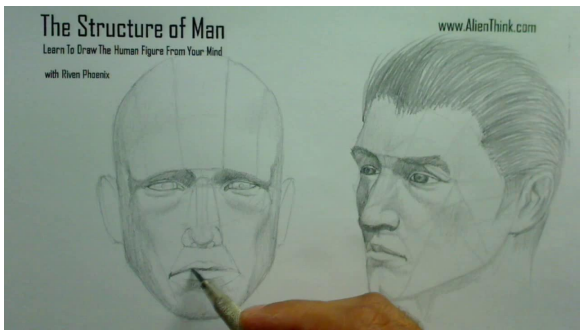
2026 Riven Phoenix and AlienThink.com

125		going to be kind of like in shadows over here, a little bit over here,
126		right, so we can just come in here, and then slowly, slowly build it up in layers, right?
127		Just to get an idea out, okay, is what we're doing working, right?
128		So usually when you go through the illustration process, you have to clear around,

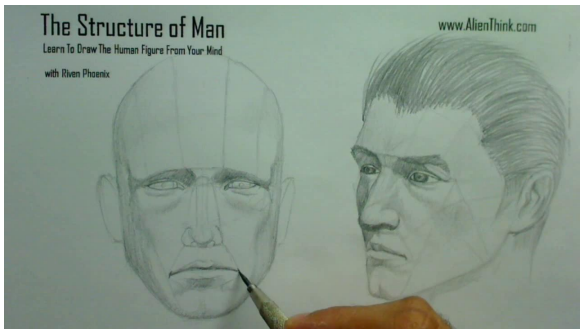
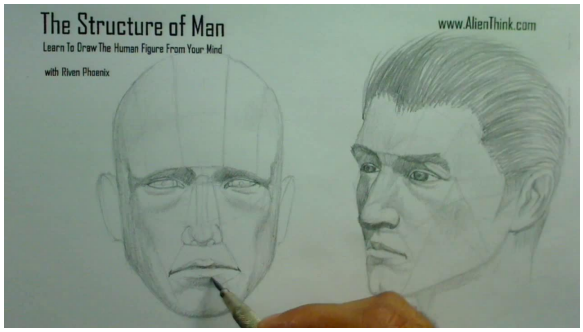
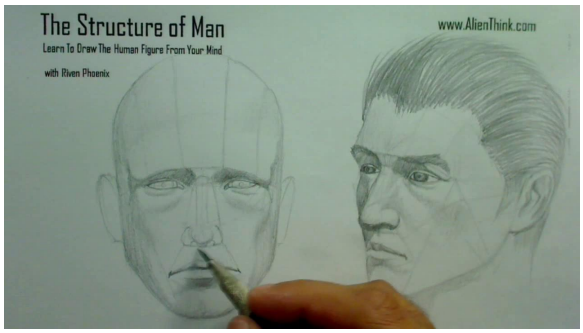
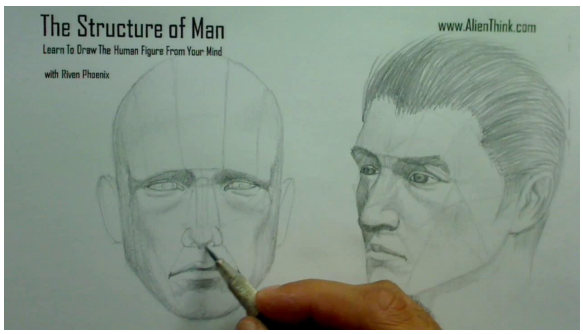
2026 Riven Phoenix and AlienThink.com

129		and you go through that process slowly, and slowly you start getting into it, right?
130		It takes time to build it up, right?
131		So there are many methods of rendering, and one is that you just put all the
132		light layers down first, and then start to develop that, right?

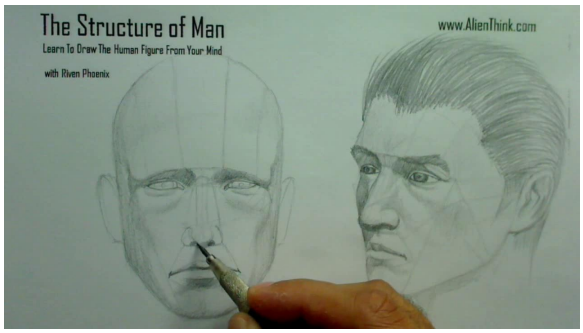
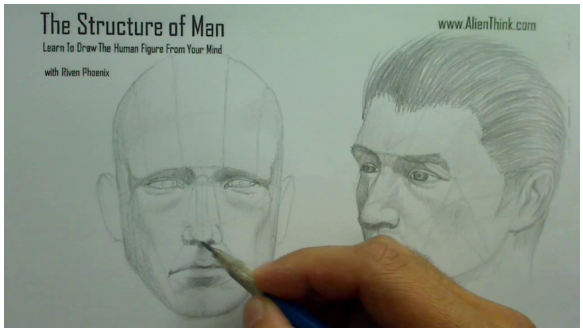
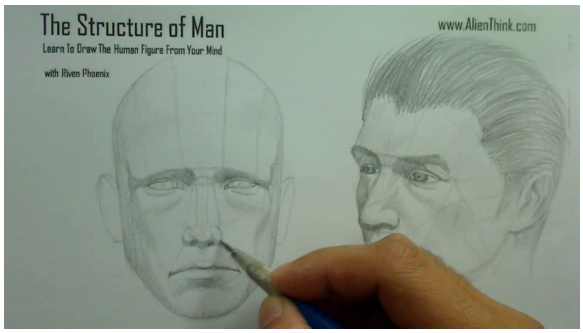
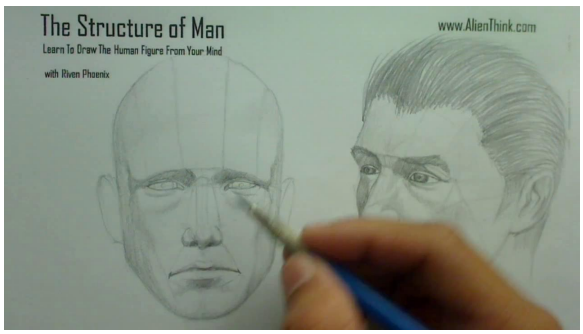
2026 Riven Phoenix and AlienThink.com

133		So that's what we're really just doing, skipping everything light over here.
134		So here for the lips, this is all going to be again really that idea of it being darker
135		here on top, right?
136		And you're just going to get a little bit here on that idea here,

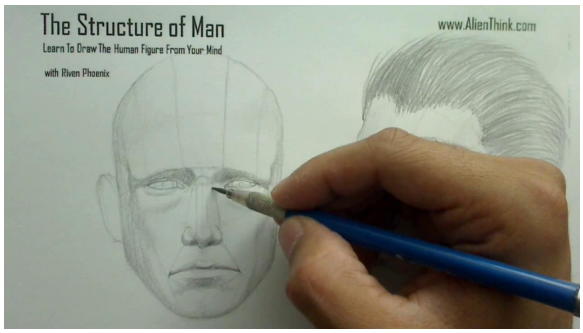
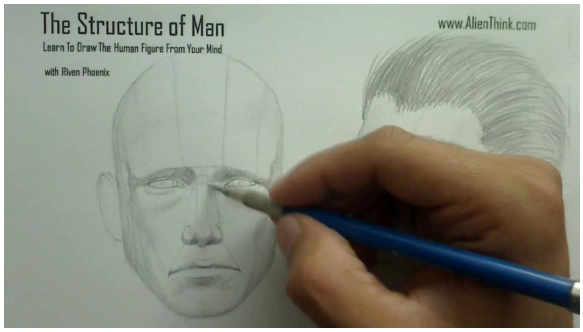
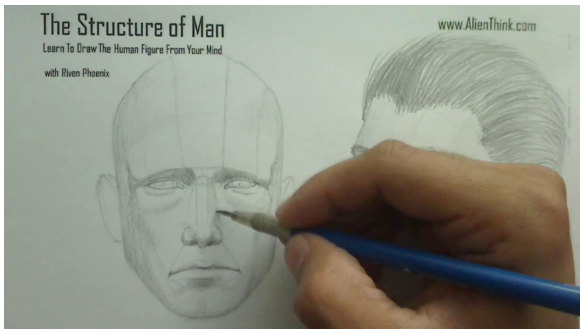
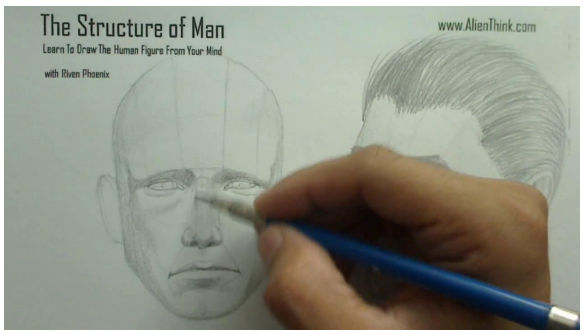
2026 Riven Phoenix and AlienThink.com

137		just like this, right?
138		So now once you get like the lips dark, then you start to match everything else with it, right?
139		So here under here, we're really not going to get too much of an idea here,
140		but this here is just going to connect, and obviously you're going to be dark here in the

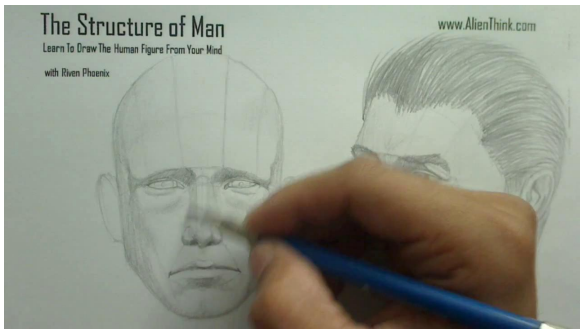
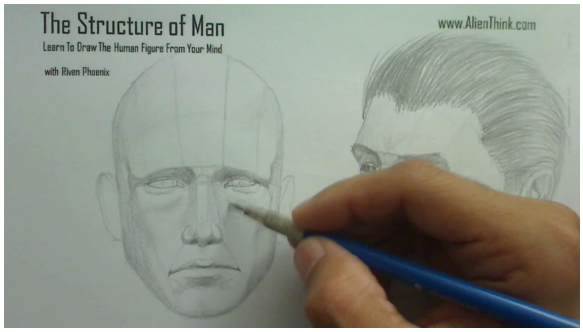
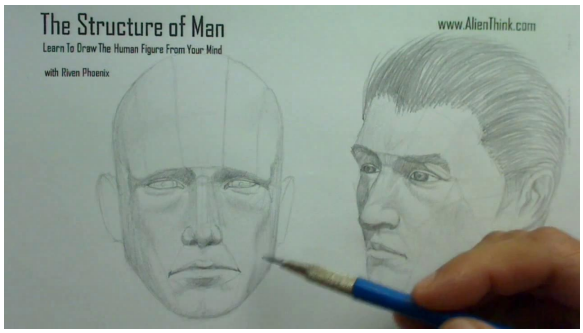
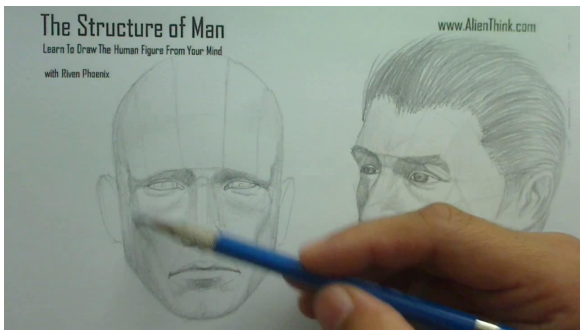
2026 Riven Phoenix and AlienThink.com

141		nostril area, right? So this whole area really is now going to start to get more to work darker,
142		because it's under it.
143		Where you slowly, slowly start to build up, okay?
144		I like the way this is, like if the nose is working for you, and then over here,

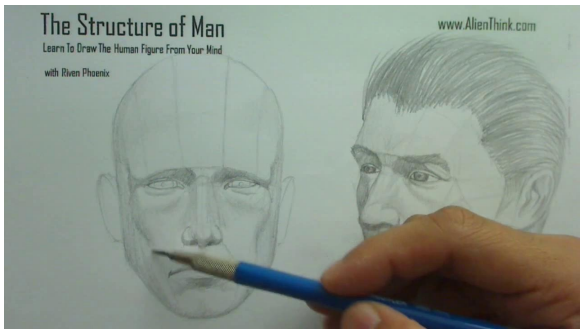
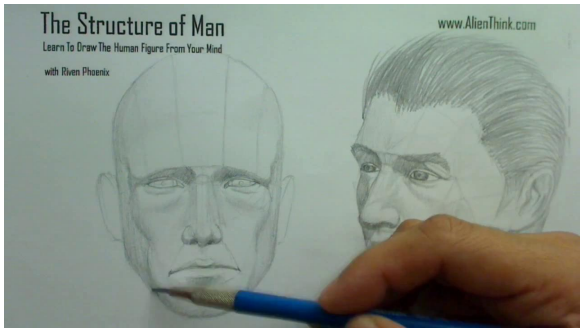
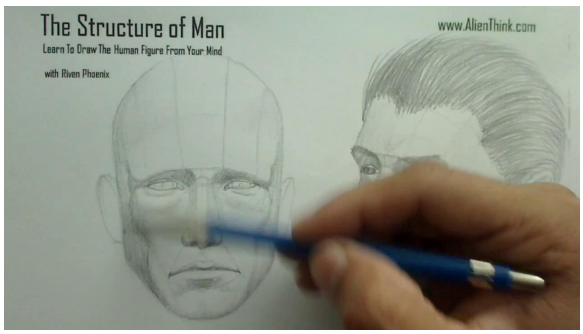
2026 Riven Phoenix and AlienThink.com

145		we'll start to now add a little more shadow work on the nose, right?
146		It's not going to be straight, it's just going to have like a little bit of shadow
147		to start to show some of these concepts out.
148		Here I'm going to do a little more shadow also.

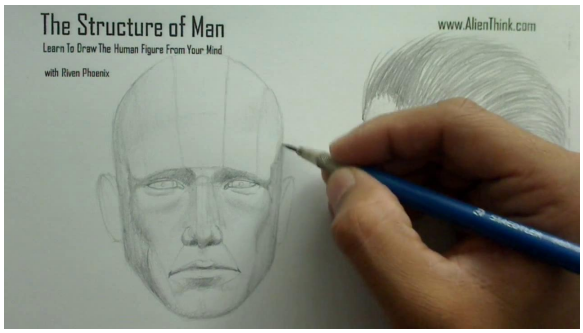
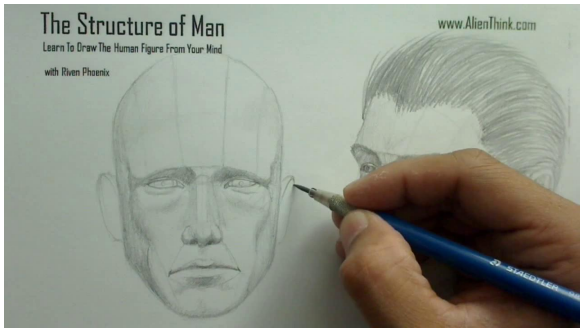
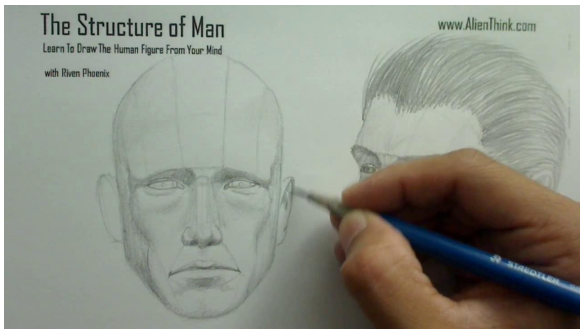
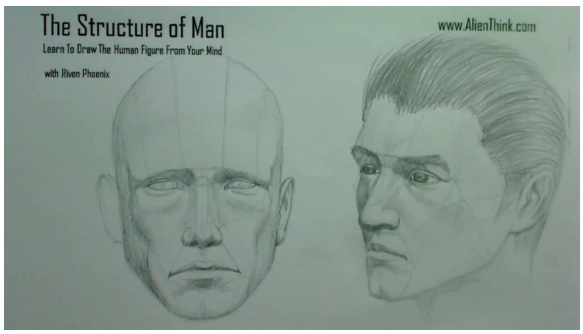
2026 Riven Phoenix and AlienThink.com

149		So you will begin to see how surface anatomy again is not being a little more dynamic,
150		it's really based on the understanding, the structure of the skull, and how the muscles,
151		like these muscles here are just going to start to form the structures of the face, right?
152		So it's really the skin that's really doing all the work, and if this guy was smiling,

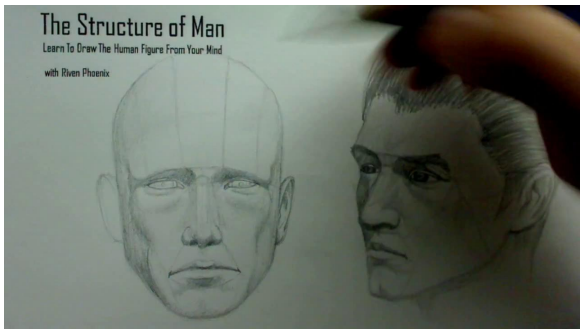
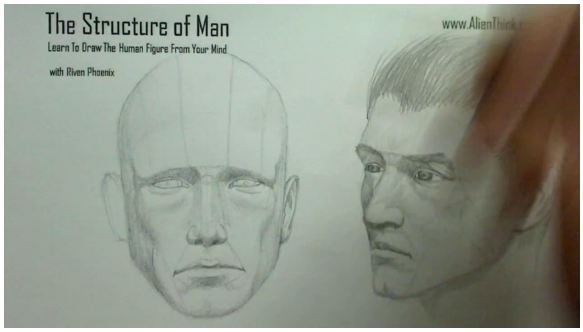
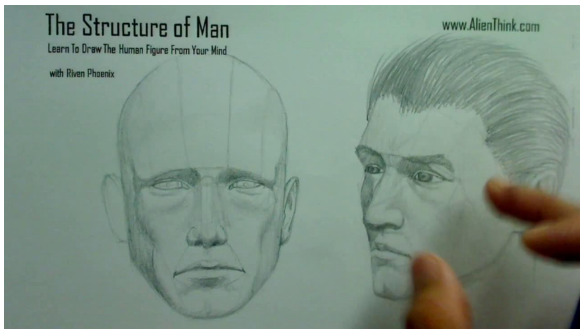
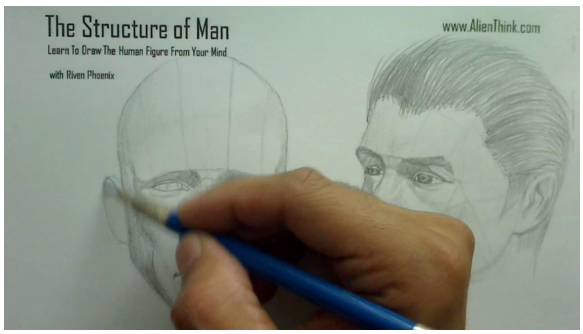
2026 Riven Phoenix and AlienThink.com

153		it would be much more different. So here I'm just going to add a little more of a shadow,
154		make this a little more darker. Over here, start to build it up a little more,
155		right? Start to get more of a feel for it, over here.
156		So you'll see it's starting to look more and more realistic,

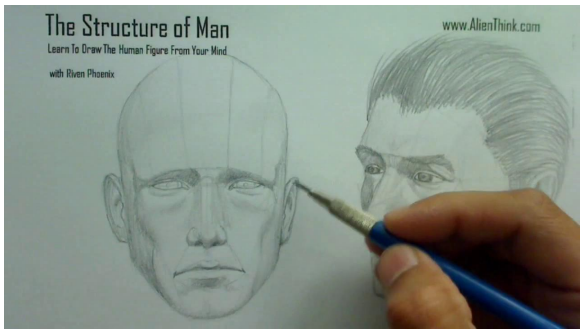
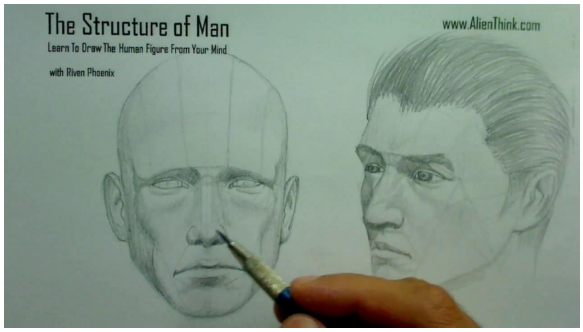
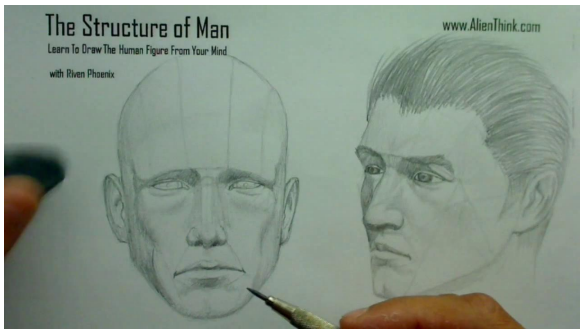
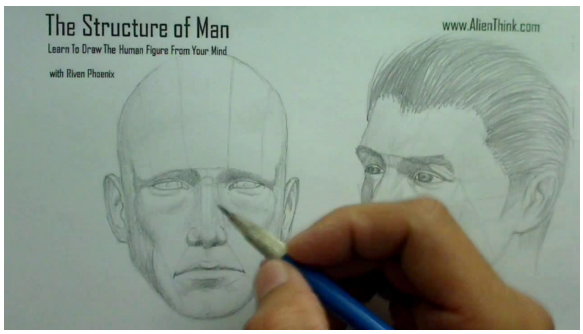
2026 Riven Phoenix and AlienThink.com

157		slowly, right? I mean, now we can do this all day, it will get super realistic by the end of the day,
158		right? So here we're just going to do a little bit of shadow work here on the ears.
159		So the other technique is, as you can always look at your artwork in the mirror,
160		right? And then that will help you to see how to render it more realistically, right?

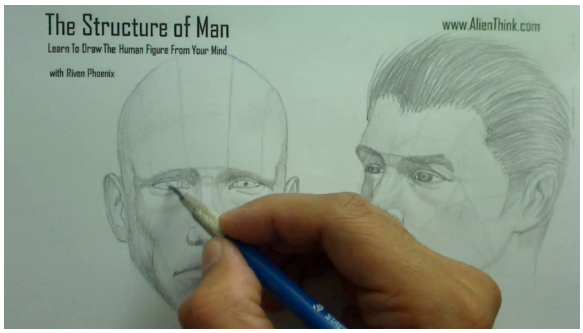
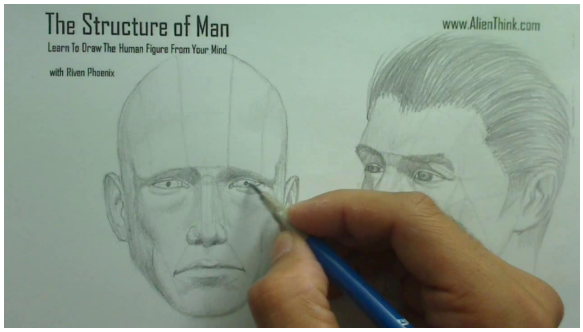
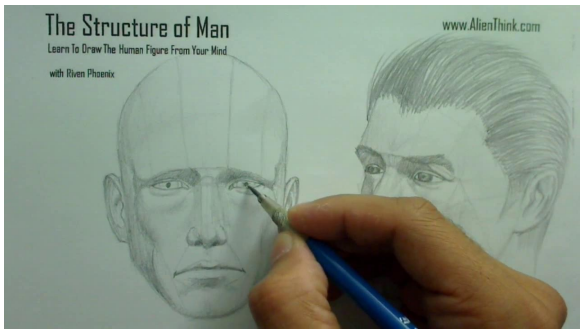
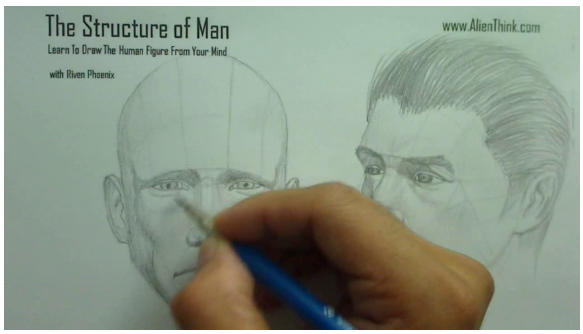
2026 Riven Phoenix and AlienThink.com

161		Sometimes you just have to see it on a different angle.
162		Okay, and obviously the other thing is when you're rendering stuff like that,
163		you should have a piece of paper, so it doesn't smudge from your hand, just really some basic
164		common sense things. So here I'm just going to do the same thing over here.

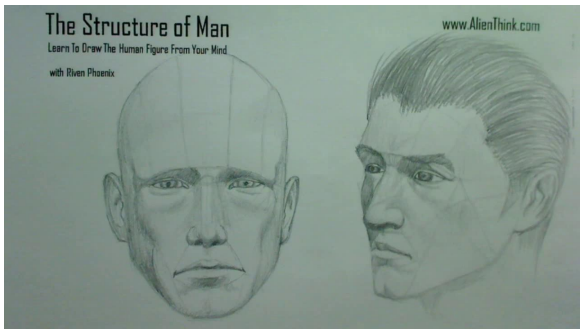
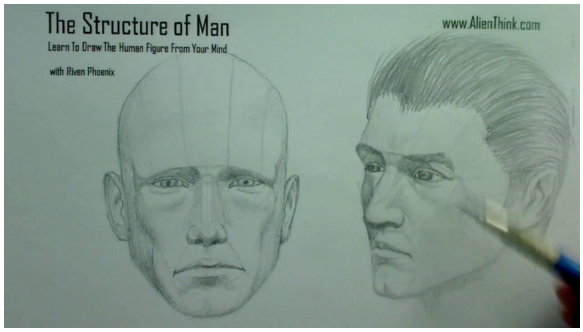
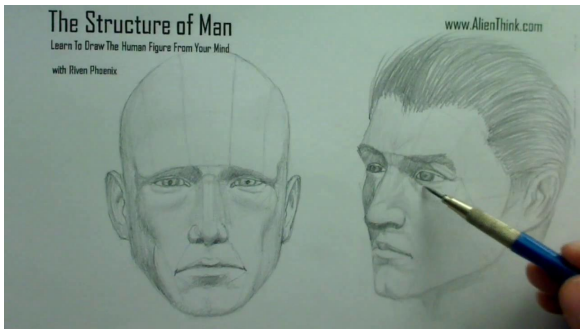
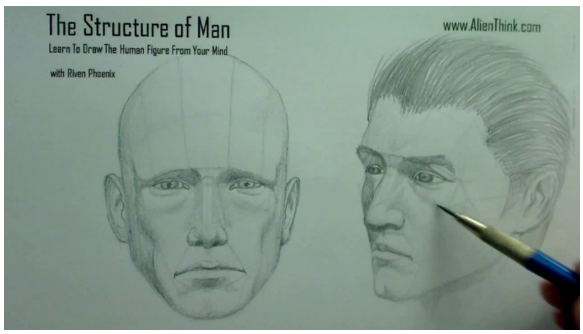
2026 Riven Phoenix and AlienThink.com

165		Right, so you can see like this ear is more different than this, right?
166		It does not have to match that perfectly, right? When your can be a little more out,
167		right? And that would give it the more organic work, right? So if we wanted to make this more realistic,
168		we can now start to get more darker, which we're not going to do that'll, right? So here I'm just

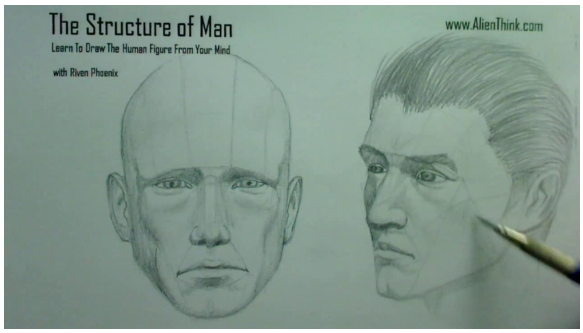
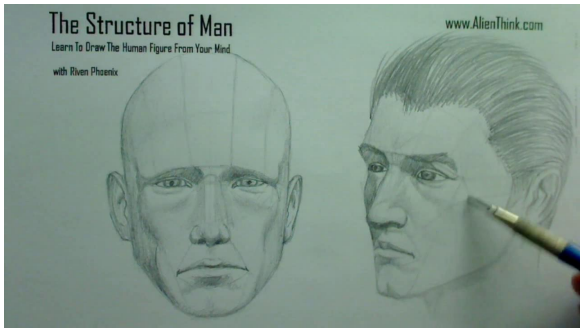
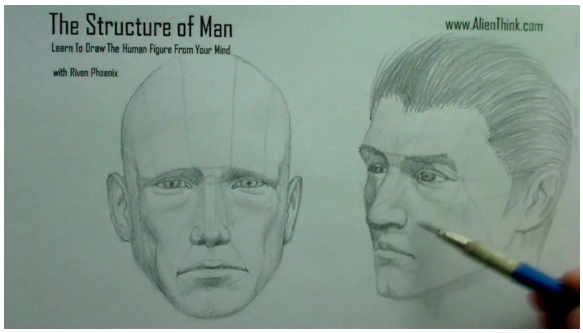
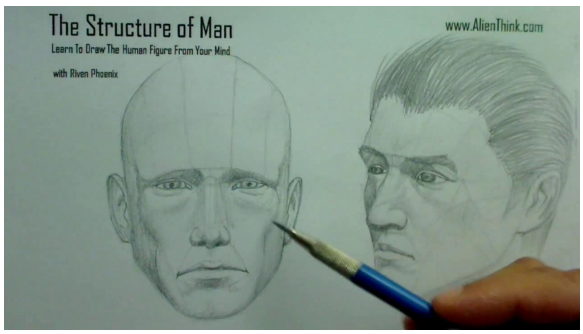
2026 Riven Phoenix and AlienThink.com

169		going to make these a little more darker, right? So you'll see as soon as I make it dark or
170		stress to happen, you kind of like have to balance it out. So I'm just going to finish this off
171		by doing the iris.
172		Right, I mean, you can get lost in the details here, right? All day. But I think we got the concept

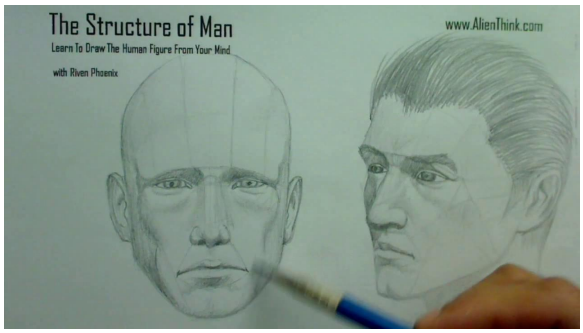
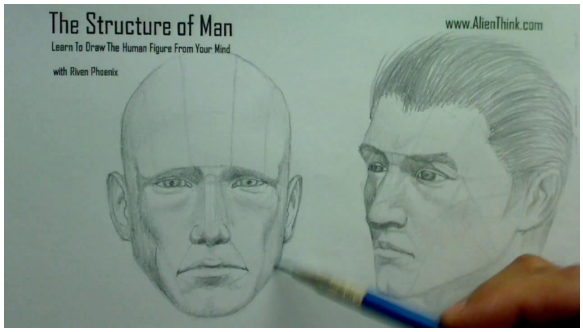
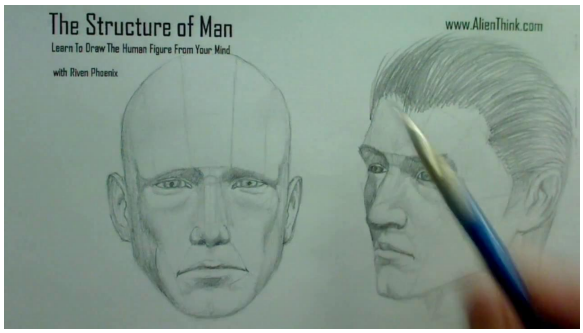
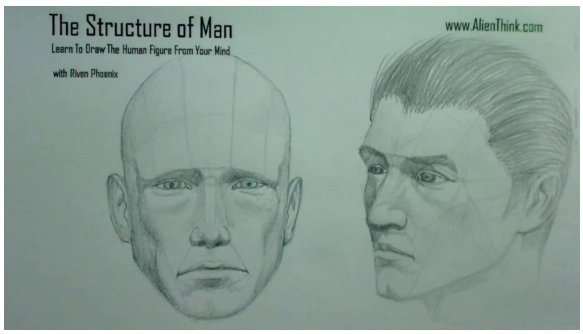
2026 Riven Phoenix and AlienThink.com

173		across as to how we can now use this toolkit, use the information of the muscles and begin to
174		just understand, okay? I get this concept in the first design of the eye, I get the bags,
175		I get this idea here under the eye, then I get that this is all optional stuff here that I
176		probably want to show it. We get this very subtle line here. We understand the how the forms

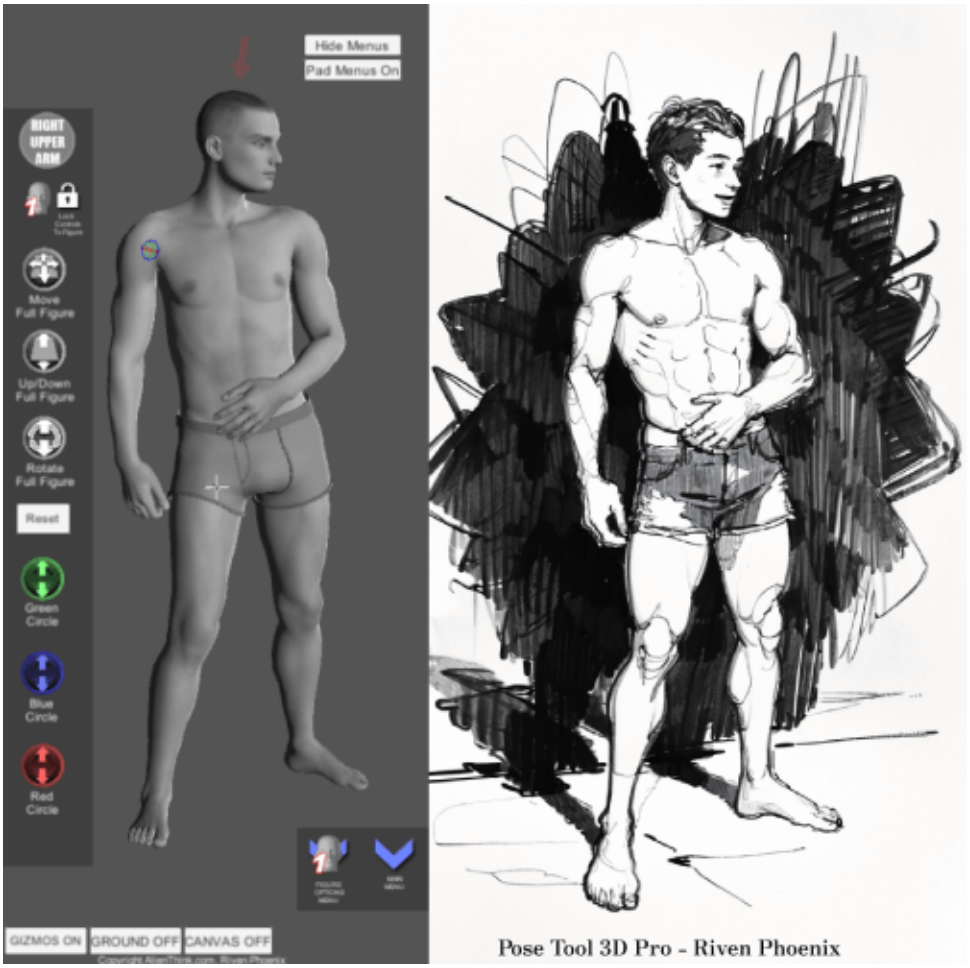
2026 Riven Phoenix and AlienThink.com

177		are just telling us that, you know, depending on your life, just think about what you want to do.
178		These forms mean nothing more than just understanding what's going on with the human head,
179		like it's a wire system, right? And then you can do away with them and then do your own shading,
180		right? Just like this, we did the triangle over here, but then when we came over here, we're

2026 Riven Phoenix and AlienThink.com

181		just following these planes over here, right? Understanding the planes, how to start just
182		beginning to get the concept of it as to how dynamic surface anatomy is on the figure, right? But
183		you've come a long way to be able to now begin to draw different types of heads all by yourself.
184		So I'll see you in the next lesson. Thanks.

2026 Riven Phoenix and AlienThink.com



www.alienthink.com/pose-tool-3d/

2026 Riven Phoenix and AlienThink.com